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Class TX 394

Book .U6

United States Food Administration
DIVISION OF HOME CONSERVATION

Washington, D. C. October, 1918

Victory Breads

Victory bread is the bread which will be eaten by all the people fighting Germany—100,000,000 people in the United States and 120,000,000 in Europe. At a conference of the food administrators of England, France, Italy, and the United States the wheat supplies of our part of the world were surveyed and a plan of equitable distribution worked out. The harvests have been good. The extreme tension of last spring is relaxed. But conservation and the most rigidly careful consumption are still necessary.

We wish to share in the common lot of the allies, and we must pile up reserves against another short harvest. We came into this year's harvest with only 10 days' supplies left in our bins. We must not sail so close to the wind another time. Therefore we will eat Victory bread gladly, and we will eat less bread of all kinds than we did before the war, for it is not only wheat that must be conserved, but all cereals.

Victory bread contains 80 per cent wheat flour and 20 per cent substitute. The substitute may vary according to the locality. In general it is barley, corn flour, corn meal, or rye. In some localities where available there will be kaffir flour, milo flour, feterita flour and meals, rice flour, oat flour, peanut flour, bean flour, potato flour, sweet-potato flour, and buckwheat flour.

Mixed Victory flour will also be on the market. This will be wheat flour mixed with barley or corn, or both, mixed in the proportion of 4 pounds of wheat with 1 of the substitute. If rye is mixed with wheat it will be in the proportion of 2 pounds of rye and 3 pounds of wheat.

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HOW TO BUY FLOUR.

If you buy unmixed wheat flour, buy the substitutes to go with it.

With 4 pounds of wheat flour buy at least 1 pound of substitute if it is barley, corn flour, or corn meal.

With 3 pounds of wheat flour buy 2 pounds of rye flour or meal.

If you buy mixed Victory flour you are not required legally to buy any substitutes for yeast breads.

Buy separately the cereals which you will use for breakfast.

Also buy separately corn meal and other cereals for corn bread, Indian puddings, quick breads, and muffins.

All housekeepers are expected and all bakers are required to use 20 per cent substitute in yeast breads and in all other flour mixtures except quick breads, which should contain 50 per cent substitute.

This is in addition to the normal consumption of corn bread.

Since last year it was found possible to make successful products with no wheat; it is hoped that every home will continue to use every day a wheat-saving dish, such as those in the following list:

Wheat-saving muffins.

Wheat-saving griddle cakes.

Wheat-saving cookies.

Wheat-saving cakes.

Wheat-saving puddings.

While the housekeeper is allowed more leeway in the use of her flours, both wheat and substitutes, a study of the Food Administration's compulsory baking regulations will show that no discrimination is made between the home baker and the commercial baker.

The following is taken from the baker's regulations:

RULE A–6 (AS AMENDED SEPT. 1, 1918, EFFECTIVE IMMEDIATELY).

When name "Victory" may be used.—No licensee manufacturing bakery products shall use the name "Victory" in connection with the advertising or sale of the same, unless the total wheat flour and substitute content of such bakery products contains at least the percentage of wheat-flour substitutes stated below:

		Per cent.
Class 1.	Bread and rolls	20
Class 2.	Sweet yeast dough goods	20
Class 3a.	Crackers	10
Class 3b.	Biscuits, cookies, and ice-cream cones	20
Class 4a.	Cakes	20
Class 4b.	Pies	20
Class 4c.	Fried cakes	20
Class 4d.	Pastry	20
Class 5.	Quick breads, Boston brown bread, and waffles	50

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VICTORY BREAD.

80 Per Cent Wheat.
20 Per Cent Substitute.

BARLEY AND WHEAT BREAD.

Wheat flour (3 lbs.), 12 cups.
Barley flour (12 oz.), 4½ cups.
Liquid (any of the following), 1 quart:
  Water.
  Milk.
  Milk and water.
  Potato water.
  Whey.
Sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 1 quart), 3 cups.

CORN-FLOUR AND WHEAT BREAD.

Wheat flour (3 lbs.), 12 cups.
Corn flour (12 oz.), 3 cups.
Liquid (any), 1 quart.
Sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 1 quart), 3 cups.

CORN-MEAL AND WHEAT BREAD.

Wheat flour (3 lbs.), 12 cups.
Corn meal (12 oz.), 2½ cups.
Liquid (any), 1 quart.
Sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 1 quart), 3 cups.

SCALDED CORN-MEAL BREAD.

When coarse corn meal is used, pour boiling water or hot milk over it to scald it. Add sweetening agent, salt, and fat, and increase the liquid one-half cup. When lukewarm, add the yeast mixture; stir thoroughly. Add flour and complete the process.

OAT-FLOUR AND WHEAT BREAD.

Wheat flour (2 lbs. 10 oz.), 11 cups.
Oat flour (10⅔ oz.), 3 cups.
Liquid (any), 1 quart.
Molasses or sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 1 quart), 3 cups.

WHOLE-WHEAT AND CORN-FLOUR BREAD.

Wheat flour (1 lb. 6 oz.), 5½ cups.
Entire-wheat flour (1 lb. 11 oz.), 7¼ cups.
Corn flour (5½ oz.), 1½ cups.
Liquid (any), 1 quart.
Molasses or sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 1 quart), 3 cups.

RYE AND WHEAT BREAD.

Wheat flour (2 lbs. 5 oz.), 9⅓ cups.
Rye flour (1 lb. 9 oz.), 9 cups.
Liquid (any), 1 quart.
Molasses or sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 1 quart), 3 cups.

COMBINATIONS WITH POTATO BREAD.

Wheat flour (3 lbs. less 1 oz.), 11¾ cups.
Barley flour, or (11¾ oz.), 4½ cups.
Corn flour, or (11¾ oz.), 3 cups.
Corn meal, (11¾ oz.), 2⅔ cups.
Mashed potato (12½ oz.), packed solid, 1½ cups.
Liquid, 2⅞ cups.
Molasses or sirup, 2 to 4 tablespoons.
Fat, 1 tablespoon.
Salt, 4 teaspoons.

FOR OVERNIGHT PROCESS.

Compressed yeast, ½ cake; or
Dry yeast, 1 cake; or
Liquid yeast, 1 cup; and
Liquid (instead of 2⅞ cups), 1⅞ cups.

METHODS FOR MAKING.

1. Straight Dough Method. Overnight Process.

Weigh or measure the sifted flour. If unmixed wheat flour is used, weigh or measure the wheat and then the substitute. Mix or sift together in a large pan or bowl. If Victory flour is used, only one measuring or weighing is necessary. Scald the milk if to be used.

Soften the yeast in one-half cup of the cold liquid. Measure sweetening agent, fat, and salt into bowl. Add the scalded milk or other liquid. When lukewarm, add yeast mixture.

Add the Victory flour mixture, stirring until stiff enough to knead on a board.

Grease the top lightly, place in a bowl or pan, cover, and set in a warm place overnight.

The next morning cut down and knead, let rise to double in bulk. Knead, shape into loaves, place in pans, and grease the top.

Let rise to more than double in bulk and bake in a hot oven (205° C. or 400° F.) for 45 to 50 minutes.

The heat may be slightly lowered during the last of the process.

2. Straight Dough Method. Short Process.

The short process differs from the overnight method in the length of time necessary for making the bread. It requires from four to six hours, depending on the amount of yeast used and the temperature at which the dough is kept.

For compressed yeast use two to three cakes, the amount depending on the time allowed.

For dry yeast take the amount specified and mix with the quart of water and the sweetening agent. Let stand overnight and in the morning complete the process.

Follow the directions as outlined above, except insert "after one or two hours" for the words "the next morning," then cut down and knead, etc.

3. Long Sponge Method.

Follow the directions as given above under straight dough method, except that only one-half the flour is added the night before. Less than one-half of the flour may be used if desired. Salt and fat may be omitted in the sponge and added just before the remainder of the flour for quicker fermentation.

The next morning add the remainder of the flour and knead. Let rise to double in bulk, knead again, and shape into loaves. Let rise to more than double in bulk and bake.

4. Short Sponge Method.

Follow the directions as given above except that the compressed yeast must be increased in amount and the dried yeast must be soaked overnight.

Let the sponge ferment for one-half to one and one-half hours before adding the remainder of the flour and completing the process.

Salt and fat may be omitted in the sponge and added just before the remainder of the flour for quicker fermentation.

REMARKS.

More accurate results are obtained by weighing the flours and mixing. It insures using the right proportion of wheat and substitute.

The measures are for flour which has been sifted once. The quantities of flour given are for water used as the liquid. Milk will need a little less flour. The amount of mixed flour not used may be saved for another time.

When the substitute is sifted with the wheat flour and used in the sponge the bread is better flavor and less crumbly than if a sponge is made with the wheat flour alone and the substitute added later in the process.

Victory bread doughs should be made stiffer than an all-wheat dough. It may be difficult to work in all of the flour sometimes, but results show that the product is better when a stiff dough instead of a slack dough is made. This is especially true for a soft wheat flour.

The new flours have slightly more moisture content than the flours of prewar times, as they have been milled and marketed so soon after the new harvest. The gluten content also has not had the usual amount of time to mature and gain strength. The same flour after keeping for some time will be found to take up more moisture. The dryness of the substitute flour will cause a variation in the amount of liquid absorbed. Weather conditions affect the moisture content of the flours, so that on a damp day more flour may be needed to give dough of the same consistency.

Victory breads seem to require a larger amount of yeast than an all-wheat bread. Better results are obtained when there is rapidity of yeast action, and, allowing for some rising or "spring" in the oven, the loaves should be baked before excessive yeast action occurs to reduce the strength of the gluten.

Kneading seems to be an important factor in determining the volume of the loaf. Three kneadings and risings improve the size and texture of the loaf.

Rye bread should be baked in a slower oven and for a longer time than bread containing other substitutes.

VICTORY QUICK BREADS.

50 Per Cent Wheat.
50 Per Cent Substitute.

BARLEY AND WHEAT BREAD.

Barley flour, 2 cups.
Wheat flour, 2 cups.
Baking powder, 6 teaspoons.
Soda, ¼ teaspoon.
Salt, 1 teaspoon.
Milk, 2 cups.
Molasses, ½ cup.
Raisins, 1 cup.
Egg, 1.

Mix all dry ingredients. Make a hole in the center of the materials. Add molasses, egg, and milk. Mix all together. Bake in a slow oven for 1½ hours.

CORN-MEAL, CORN-FLOUR, AND WHEAT BREAD.

Corn meal, 1 cup.
Corn flour, 1 cup.
Wheat flour, 2 cups.
Baking powder, 6 teaspoons.
Soda, ¼ teaspoon.
Salt, 1 teaspoon.
Milk, 2¼ cups.
Molasses, ½ cup.
Egg, 1.

Mix same as in the previous recipe.

VICTORY MUFFINS.

50 Per Cent Wheat.
50 Per Cent Substitute.

Method.—Sift all dry ingredients together. Mix the liquid, melted fat, sweetening, and the slightly beaten egg together. Combine the two mixtures with as little mixing

as possible. Put in well-greased muffin pans and bake in a hot oven (420° F., 215° C.) for 20 to 30 minutes, depending upon the size of the muffins.

BARLEY AND WHEAT MUFFINS.

Barley flour, 1½ cups.
Wheat flour, 1 cup.
Baking powder, 4 teaspoons.
Soda, $\frac{1}{16}$ teaspoon.
Salt, ½ teaspoon.
Eggs, 1 or 2.
Molasses, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

BARLEY, CORN, AND WHEAT MUFFINS.

Barley flour, ¾ cup.
Corn flour, ½ cup.
Wheat flour, 1 cup.
Baking powder, 4 teaspoons.
Salt, ½ teaspoon.
Eggs, 1 or 2.
Sirup, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

CORN AND WHEAT MUFFINS.

Corn flour, 1 cup.
Wheat flour, 1 cup.
Baking powder, 4 teaspoons.
Salt, ½ teaspoon.
Eggs, 1 or 2.
Sirup, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

CORN-MEAL AND WHEAT MUFFINS.

Corn meal, 1 cup (scant).
Wheat flour, 1 cup.
Baking powder, 4 teaspoons.
Salt, ½ teaspoon.
Eggs, 1 or 2.
Sirup, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

WHOLE-WHEAT MUFFINS.

Whole-wheat flour, 2 cups.
Baking powder, 4 teaspoons.
Salt, ½ teaspoon.
Eggs, 1 or 2.
Sirup, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

WHOLE-WHEAT AND BARLEY MUFFINS.

Whole-wheat flour, 1 cup.
Barley flour, ¾ cup.
Wheat flour, ½ cup.
Baking powder, 4 teaspoons.
Soda, $\frac{1}{16}$ teaspoon.
Eggs, 1 or 2.
Molasses, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

WHOLE-WHEAT AND CORN-FLOUR MUFFINS.

Whole-wheat flour, 1 cup.
Corn flour, 1 cup.
Baking powder, 4 teaspoons.
Salt, ½ teaspoon.
Eggs, 1 or 2.
Sirup, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

WHOLE-WHEAT, BARLEY-FLOUR, AND RICE MUFFINS.

Whole-wheat flour, 1 cup.
Barley flour, ¾ cup.
Rice flour, ⅜ cup.
Baking powder, 4 teaspoons.
Salt, ½ teaspoon.
Soda, $\frac{1}{16}$ teaspoon.
Eggs, 1 or 2.
Molasses, 2 tablespoons.
Fat, 1 tablespoon.
Milk, 1 cup.

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